

## 5 A Day Recipes

### Desserts and Snacks

#### Hummus for Spring Vegetables

##### Serves 4

Provides 1 vegetable serving per person

Hummus is a Middle Eastern spread that is sometimes served with warm pita bread. It's wonderful with lots of raw vegetables. Here's how it's made: Drain and rinse a can of reduced sodium garbanzo beans and tip into a processor or blender. Add 1 tablespoon tahini (a sesame paste), 2 tablespoons lemon juice, chopped garlic, salt, and a pinch of cayenne pepper. Turn on the machine and pour up to  $\frac{1}{2}$  cup of water in, then whiz to create a thick spread. Scrape into a bowl and stir in  $\frac{1}{4}$  cup chopped parsley for a bright, fresh flavor. This is a terrific, fiber-rich dip for carrots, celery, peppers... you name it!

- 1 15½-ounce can reduced sodium garbanzo beans, drained and rinsed
- 1 tablespoon tahini
- 2 tablespoons lemon juice
- 2 cloves chopped garlic
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  -  $\frac{1}{2}$  cup water (no more than  $\frac{1}{2}$  cup of water because you want a thick texture)
- pinch cayenne pepper
- $\frac{1}{4}$  cup chopped parsley

1. Place beans in a processor or blender. Add the tahini, lemon juice, garlic, salt, and cayenne. Whiz until smooth.

2. Scrape into a bowl and stir in the parsley. Serve with fresh cut up vegetables or as a sandwich spread.

##### Nutritional Analysis per serving:

Per serving:  
123 calories  
4 g fat  
28% calories from fat  
0 g saturated fat  
0% calories from saturated fat  
17 g carbohydrates  
261 mg sodium  
5 g dietary fiber